

## **Evaluation of Pushpadhanwa Rasa a generic Ayurvedic Herbomineral Formulation in Polycystic Ovarian Syndrome -A pilot study**

Manoj Dash \*, Namrata Joshi\*\* , L.K. Dwivedi\*\*\* and R.S Gupta\*\*\*\*

### **Abstract**

The present study is an attempt to check out the role of Pushpadhanwa Rasa in PCOS. A total no of 12 females with PCOS were selected and were divided equally into two groups. The group A were treated with Pushpadhanwa Rasa prepared traditionally as mentioned in classics where as in group B Pushpadhanwa Rasa prepared by using herbal extract is used .The treatment was given for 2 months at the dose of 250 mg. A through history, symptomatic evaluation and clinical examination was done for all patients before treatment and during follow up weeks every week till the end of treatment on day 60, along with recording the occurrence of any adverse events. The assessment of the treatment was done based on somatic changes as well as psychological based on pelvic sonography, biochemical investigation and hormonal profile like LH & Prolactin estimation. On starting Pushpadhanwa Rasa therapy a significant symptomatic relief of pain and swelling in the lower abdomen was reported by patients. There was a significant ( $P<0.001$ ) reduction in the size of the cyst at the end of the therapy. Dissapearance of cyst was noted in 9 patients at the end of the 60-day study period. Therefore it may be concluded that Pushpadhanwa Rasa is clinically safe and effective in the management of polycystic ovarian syndrome.

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\* Quality Control In-charge, Multani Pharmaceuticals Ltd. New Delhi.\*\* Lecturer, Deptt. of Rasashastra Rishikul Ayurvedic College, Haridwar.\*\*\* Prof. Deptt. of Rasashastra & Bhaisajya kalpana, NIA Jaipur.\*\*\*\* Asst. Prof. Deptt. of Zoology, Rajasthan University.